



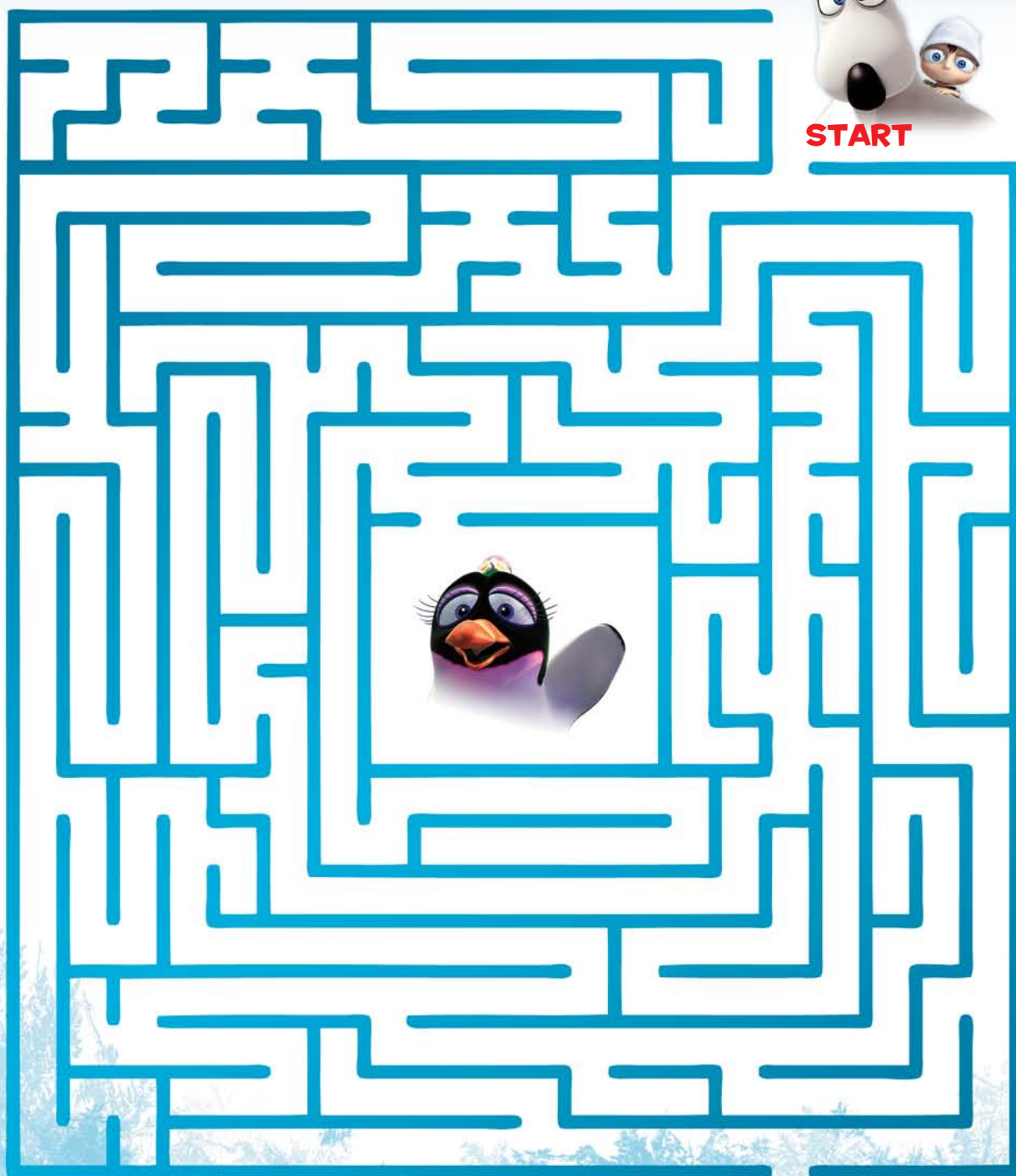
# MY FRIEND BERNARD

## MAZE

**HELP SAM AND BERNARD  
FIND THEIR WAY DOWN THE  
SNOW MAZE MOUNTAIN!**



**START**



**FINISH**

**kaboom!**  
ANIMATION

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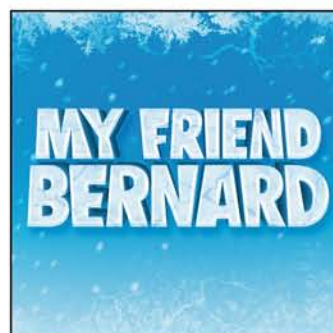
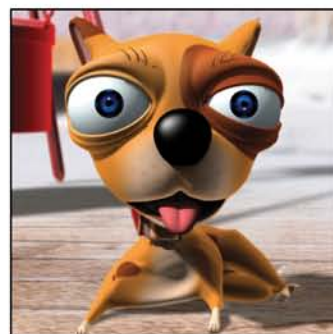




# MY FRIEND BERNARD

## MEMORY MATCH

**PRINT OUT 2 COPIES OF THE CHARACTER CARDS.  
ASK AN ADULT TO HELP YOU CUT OUT THE CARDS.  
FLIP THE CARDS OVER AND TAKE TURNS FINDING THE MATCHES!**







# MY FRIEND BERNARD

## SPOT THE DIFFERENCE

**CAN YOU SPOT ALL 9 DIFFERENCES BETWEEN THE TWO IMAGES?**





# MY FRIEND BERNARD

## WORD SEARCH

**BERNARD • SNOWBOARD • FLYING • MONSTERS  
ADVENTURE • BEAR • GIANT • PENGUIN • BREAKFAST**

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| S | I | G | H | T | G | N | I | Y | L | F |
| B | N | D | P | E | N | G | U | I | N | I |
| M | T | O | V | D | J | E | I | P | T | E |
| O | G | N | W | R | I | K | N | O | S | R |
| N | I | W | W | B | T | N | G | T | A | U |
| S | A | H | W | X | O | O | M | Q | F | T |
| T | N | T | R | F | B | A | A | K | K | N |
| E | T | C | A | O | W | N | R | V | A | E |
| R | D | Y | E | E | B | A | T | D | E | V |
| S | Y | W | B | L | T | C | E | V | R | D |
| B | E | R | N | A | R | D | R | T | B | A |





# MY FRIEND BERNARD

## DRAW A POLAR BEAR

### YOU WILL NEED:

**PENCIL / PEN / ERASER / PAPER / CRAYONS OR COLOR PENCILS / RULER**

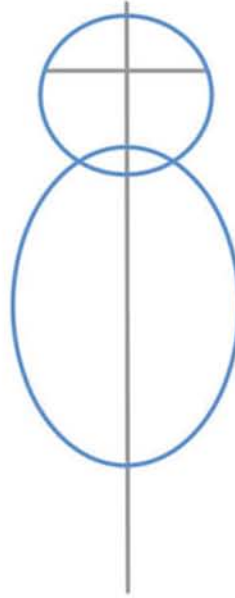
#### STEP 1:

*Begin with a simple "t". This helps to position the head in relation to the body.*



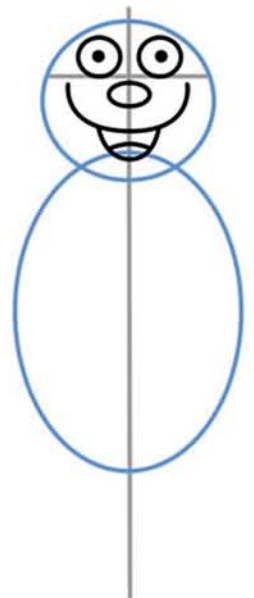
#### STEP 2:

*Next, draw in two shapes - one... a circle for the head. And two... an oval for the body.*



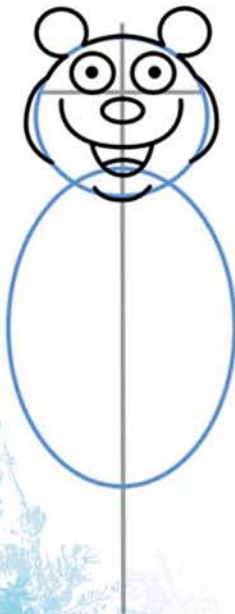
#### STEP 3:

*Now's the time to draw the face. Use the cross to help keep things balanced.*



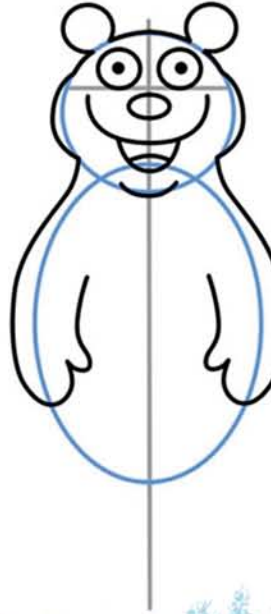
#### STEP 4:

*Finish drawing the head, ears & cheeks.*



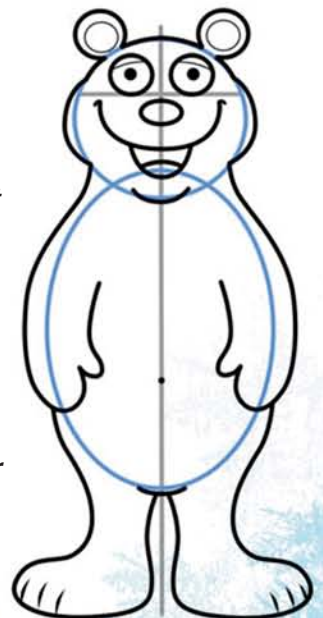
#### STEP 5:

*Draw arms on one side, and copy them on the other.*



#### STEP 6:

*Finish the rest of the drawing. Add legs, belly button and a little bit of color. Just a little bit. Polar Bears are white remember!*





# MY FRIEND BERNARD

## FUN EXPERIMENT

***Which is a greater amount of water?***

***A cup of ice cubes, a cup of crushed ice, or a cup of plain water?***

Fill one glass with ice cubes. Fill one glass with crushed ice. Fill one glass with water.

***What will happen when the first two melt? Will the glass overflow?***

Let the objects melt, then mark the water levels.

***Which has the highest level (volume)?***

Next, fill one non-glass jar with water (1/2 cup) and another with water and salt (1/2 cup water and 4 tablespoons of salt). Drop an ice cube in each one.

***Which ice cube takes longer to melt?***

***Ice cube in water or ice cube in water with salt?***

Now place the two filled non-glass jars in the freezer. Check every half hour.

***Which one freezes first, the salt water or tap water?***

***Why do you think this is?***

### **DID YOU KNOW?**

WATER EXPANDS AS IT FREEZES. FROZEN WATER WILL TAKE UP MORE SPACE (VOLUME).

### **DID YOU KNOW?**

SALT INCREASES THE BUOYANCY OF THE ICE CUBE. THE PART OF THE ICE CUBE THAT IS ABOVE THE SURFACE OF THE WATER WILL TAKE LONGER TO MELT.

### **DID YOU KNOW?**

SALT LOWERS THE FREEZING POINT OF WATER, WHICH SHOULD CAUSE THE SALT WATER TO TAKE LONGER TO FREEZE.





# MY FRIEND BERNARD

## ACTIVITIES

### CATCH THE POLAR BEAR'S TAIL

***This game is great fun for the playground, especially if there is snow. You will need a large group of children - at least 10, but the more the merrier!***

The children all form a line with their hands on the shoulders of the child in front. The first in line is the polar bear's head; the last in line is the polar bear's tail.

The polar bear's head then tries to catch the tail by maneuvering the line around so that they can tag the last player. All the players in the middle do their best to hinder the polar bear's head. Don't let the line break!

When the head catches the tail, the tail player takes the front position and becomes the new polar bear's head. All the other players move back one position.

### FREEZE TAG

One child is chosen to be "it." Whenever "it" catches another child, that child must remain frozen in place, with their feet wide apart. The frozen player can only be "unfrozen" if another child crawls between his legs!

The last player to be frozen becomes "it" for the next round.



# MY FRIEND BERNARD

## ACTIVITIES

### BEAR, BEAR, FISH

***Children sit around in a circle, facing each other. One child is chosen to be "it" first.***

That child who is "it" stands up and walks around the outside of the circle tapping each child on the head and naming them "bear." At some point he chooses a child to name "fish" instead, at which point the fun begins.

The "fish" must now jump up and chase the first child around the circle, trying to tag him before he can sit down in the fish's place. If he tags him, the first child has another go. If he fails, he becomes "it."



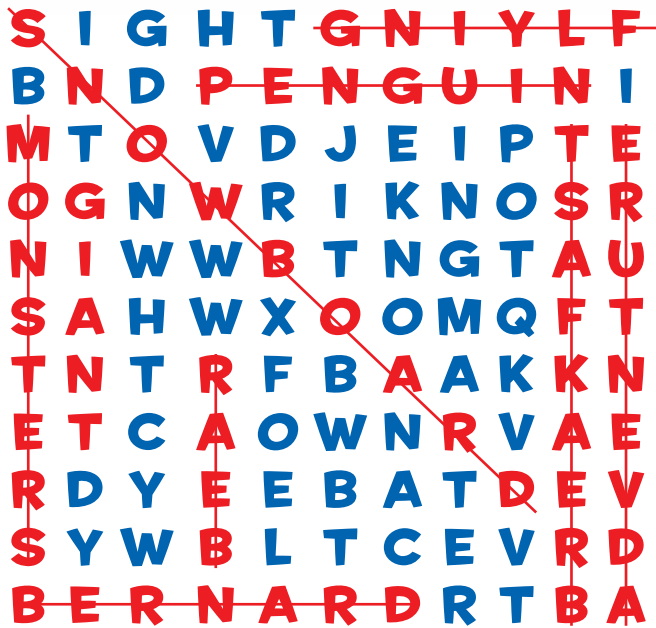




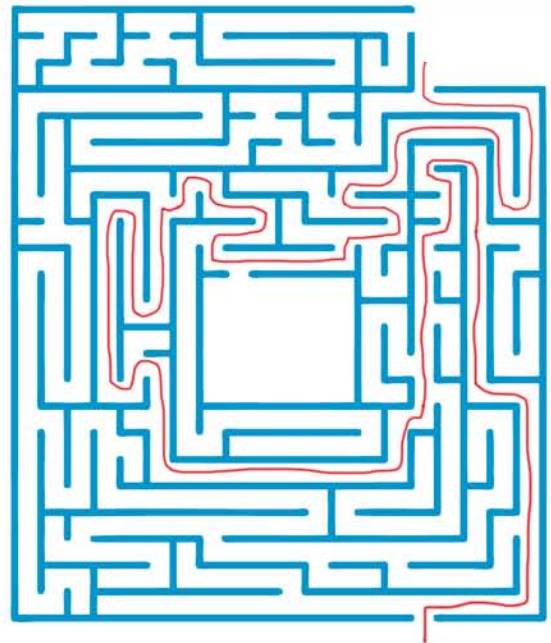
# MY FRIEND BERNARD

## ANSWERS

WORD SEARCH



MAZE



SPOT THE DIFFERENCE

